

Fig. 1

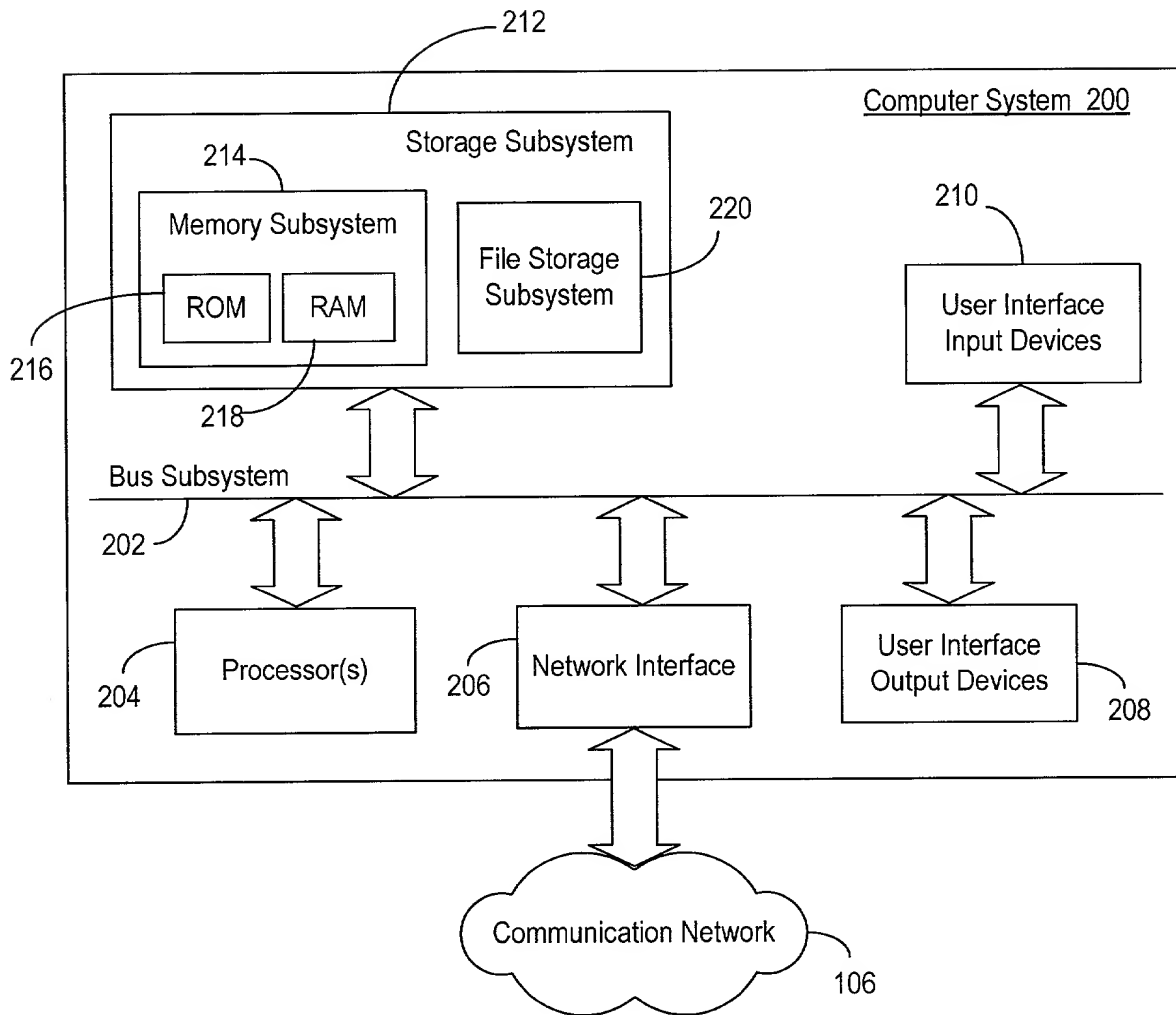


Fig. 2

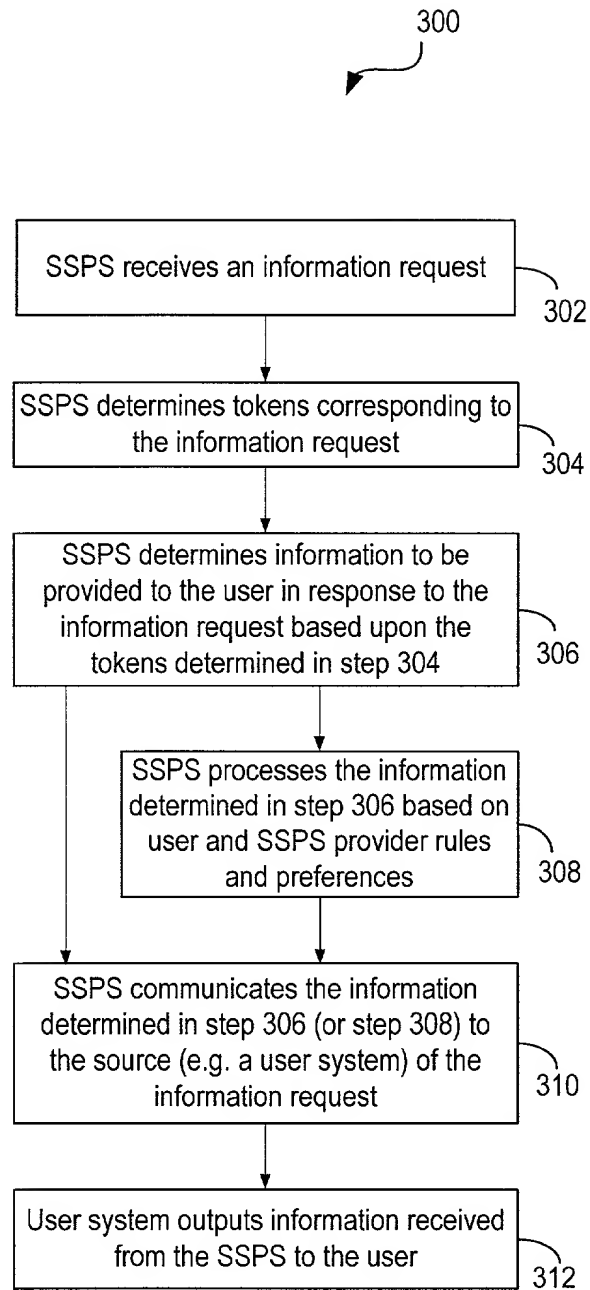


Fig. 3

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Table 1. Demographic characteristics of the study population	
Age (years)	Mean (SD)
Male	55.2 (10.5)
Female	56.8 (11.2)
Marital status	
Married	78.5%
Single	21.5%
Education level	
High school or above	65.2%
Below high school	34.8%
Occupation	
White collar	45.1%
Blue collar	54.9%
Income (USD/month)	
< 1000	12.3%
1000-2000	35.7%
2000-3000	28.9%
> 3000	23.1%
Health insurance	
Yes	89.4%
No	10.6%
Comorbidities	
Hypertension	42.1%
Diabetes	18.5%
Cholesterol	31.2%
Smoking status	
Current smoker	15.3%
Former smoker	22.7%
Non-smoker	62.0%
Alcohol consumption	
Regular	8.9%
Occasional	25.4%
Never	65.7%

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Fig. 4

FROM "A CHRISTMAS CAROL" BY CHARLES DICKENS

His active little crutch was heard upon the floor, and back came Tiny Tim before another word was spoken, escorted by his brother and sister to his stool beside the fire; and while Bob, turning up his cuffs, as if, poor fellow, they were capable of being made more shabby – compounded some hot mixture in a jug with gin and lemons, and stirred it round and round, and put it on the hob to simmer; Master Peter and the two ubiquitous young Cratchits went to fetch the goose, with which they soon returned in a high procession.

Such a bustle ensued that you might have thought a goose the rarest of all birds; a feathered phenomenon, to which a black swan was a matter of course: and, in truth, it was something very like it in that house. Mrs. Cratchit made the gravy (ready before-hand in a small saucepan) hissing hot; Master Peter mashed the potatoes with incredible vigor; Miss Belinda sweetened up the apple-sauce; Martha dusted the hot plates; Bob took Tiny Tim beside him in a tiny corner, at the table, the two young Cratchits set chairs for everybody, not forgetting themselves, and mounting guard upon their posts, crammed spoons into their mouths, lest they should shriek for goose before their turn came to be helped. At last the dishes were set on, and grace was said. It was succeeded by a breathless pause, as Mrs. Cratchit, looking slowly all along the carving-knife, prepared to plunge it in the breast; but when she did and when the long-ex[pected] gush of stuffing issued forth, one murmur of delight arose all around the board, and even Tiny Tim, excited by the two young Cratchits, beat on the table with the handle of his knife, and feebly cried Hurrah!

There never was such a goose. Bob said he didn't believe there ever was such a goose cooked. Its tenderness and flavor, size and cheapness, were the themes of universal admiration. Eked out by the apple-sauce and mashed potatoes, it was a sufficient dinner for the whole family; indeed, as Mrs. Cratchit said with great delight (surveying one small atom of a bone on the dish), they hadn't ate it all at last! Yet every one had had enough, and the youngest Cratchits in particular were steeped in sage and onion to the eyebrows! But now, the plates being changed by Miss Belinda, Mrs. Cratchit left the room alone – too nervous to bear witnesses – to take the pudding up, and bring it in.

Suppose it should not be done enough! Suppose it should break in turning out! Suppose somebody should have got over the wall of th back-yard and stolen it, while they were merry with the goose: a supposition at which the two young Cratchits became livid! All sorts of horrors were supposed.

Hallo! A great deal of steam! The pudding was out of the copper. A smell like a washing day! That was the cloth. A smell like an eating-house and a pastry-cook's next to each other, with a laundress's next door to that? That was the pudding. In half a minute Mrs. Cratchit entered: flushed but smiling proudly: with the pudding like a speckled cannonball, so hard and firm, blazing in half of a half quartern of ignited brandy, and bedight with Christmas holly stuck into the top.

Oh, a wonderful pudding! Bob Cratchit said, and calmly too, that he regarded it as the greatest success achieved by Mrs. Cratchit since their marriage. Mrs. Cratchit said that now the weight was off her mind, she would confess she had had her doubts about the quantity of flour. Everybody had something to say about it, but nobody said or thought it was at all a small pudding for so large a family. It would have been flat heresy to do so. Any Cratchit would have blushed to hint at such a thing.

At last the dinner was all done, the cloth was cleared, the hearth swept, and the fire made up. The compound in the jug being tasted and considered perfect, apples and oranges were put upon the table, and a shovel-full of chestnuts on the fire. Then all the Cratchit family drew around the hearth, in what Bob Cratchit called a circle, meaning half a one; and at Bob Cratchit's elbow stood the family display of glass; two tumblers, and a custard-cup without a handle.

These held the hot stuff from the jug, however, as well as golden goblets would have done; and Bob served it out with beaming looks, while the chestnuts on the fire sputtered and cracked noisily. Then Bob proposed:

"A Merry Christmas to us all, my dears. God bless us!"

Which all the family re-echoed.

"God bless us every one!" said Tiny Tim, the last of all.

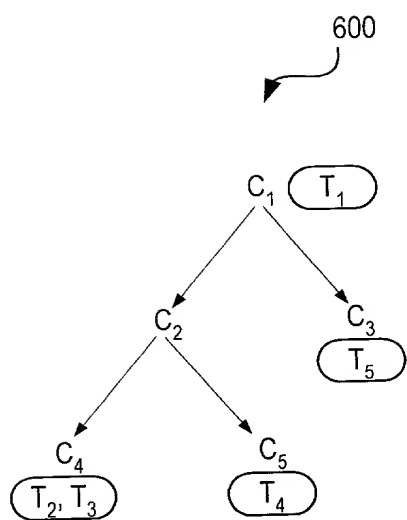


Fig. 6

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Shopping Aisles

- Baby
- Bakery
- Beverages
- Dairy
- Deli
- Health & Beauty
- Household Goods
- Frozen Items
- Groceries
- Meat
- Pet Supplies
- Produce
- Seafood
- Snacks
- Wines Spirits

Shopping Cart

Grand Total = 0.00

Cart is Empty







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Gingersnaps



Choose the product you would like to use for each recipe ingredient, then choose done when you are finished.

Done

Butter - 3/4 cup (6 oz)

- | | | | |
|---|--|---|-----|
|  | Land O'Lakes Butter
Salted. 16 oz. | \$1.99 <input checked="" type="radio"/> | 706 |
|  | Land O'Lakes Butter
Unsalted. 16 oz. | \$1.99 <input type="radio"/> | |
|  | Land O'Lakes Butter
Light, unsalted. 16 oz. | \$2.19 <input type="radio"/> | |
|  | Challenge Butter
Grade AA. 16 oz. | \$1.89 <input type="radio"/> | |
|  | Challenge Butter
Unsalted Grade AA. 16 oz. | \$1.89 <input type="radio"/> | |
|  | Challenge Butter
Butter light, 50% less fat. 16 oz. | \$1.99 <input type="radio"/> | |

Sugar - 1 cup (8 oz)

- | | | |
|---|---|---|
|  | C&H Sugar
Granulated sugar. 1 lb. | \$0.59 <input checked="" type="radio"/> |
|  | Domino Sugar
Pure cane granulated sugar. 1 lb. | \$0.55 <input type="radio"/> |

Molasses - 1/4 cup (2 oz)




- | | | | |
|---|---|------------------------------|-----|
|  | Brer Rabbit
Light molasses. 12 oz. | \$1.99 <input type="radio"/> | 704 |
|  | Brer Rabbit
Dark molasses. 12 oz. | \$1.99 <input type="radio"/> | |
|  | Plantation
Blackstrap molasses. 15 oz. | \$2.99 <input type="radio"/> | |

Fig. 7

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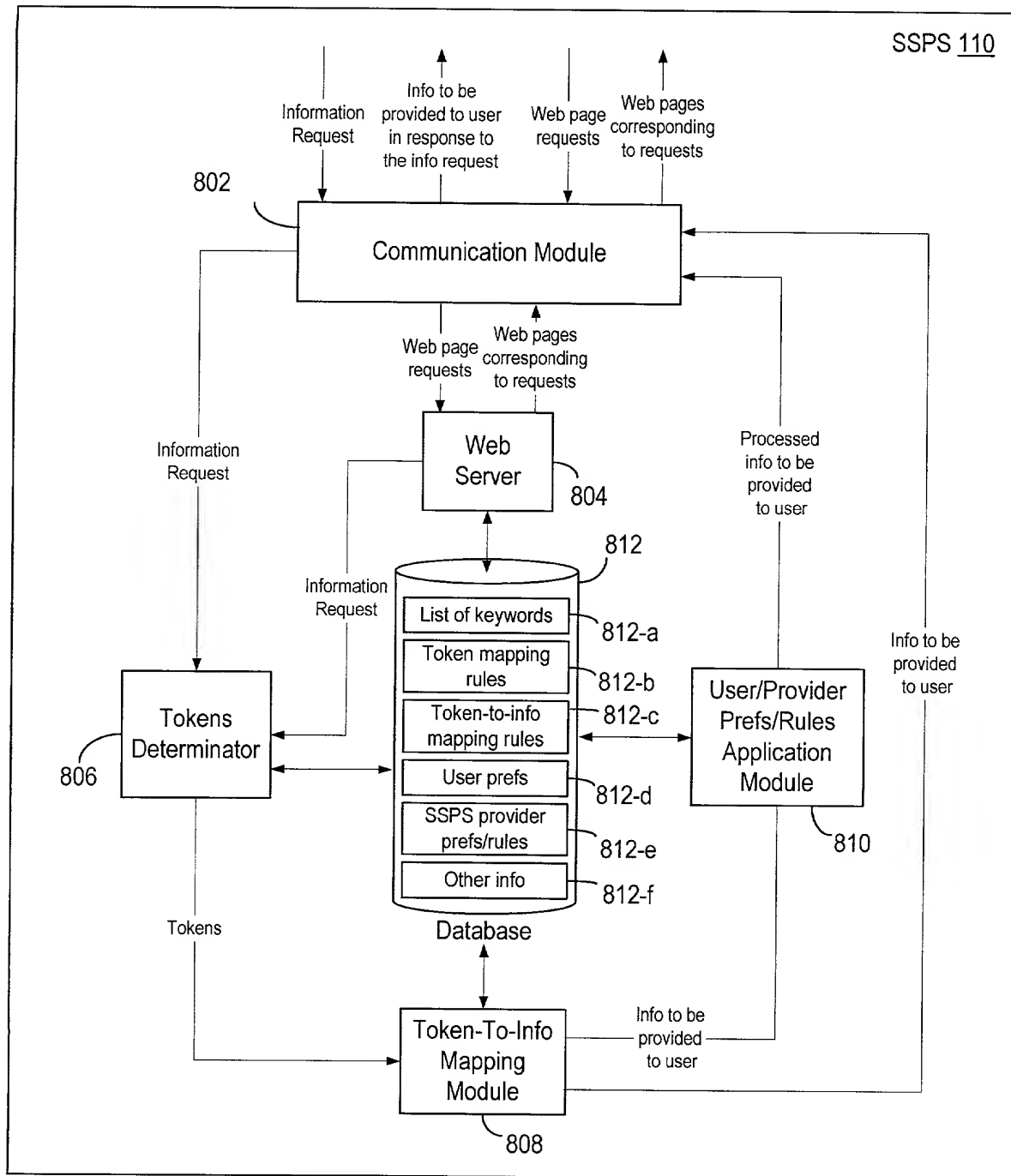


Fig. 8